



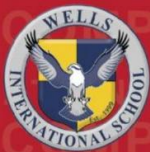
06th – 10th October 2025

Week....1....

Please be aware that items on this menu may change or be unavailable at certain times.



Day	Monday	Tuesday	Wednesday	Thursday	Friday
Food					
Morning Break	Ham Cheese Sandwich    	Pork Shumai    	Chicken Tomato Pies    	Fresh Fruit	Mini Pork Burger    
Drink	Whole Milk 	Whole Milk 	Whole Milk 	Yoghurt 	Whole Milk 
Main Dish 1	Spicy Salad with Grilled Pork   	Hainanese Chicken  	Pasta with Mushroom Cream Sauce   	Chicken Nanban   	Grilled Chicken with Doenjang  
Main Dish 2	Stir Fried Chicken with Garlic  	Mapo Tofu   	Black Pepper Pork Steak  	Pork Yakiniku  	Stir Fried Ramyon with Pork   
Soup	Egg & Pork in Brown Soup   	Winter Melon Soup with Chicken  	Egg Soup with Tomato  	Daikon Noodle Soup with Minced Pork   	Dak Gomtang (Korean Chicken Soup)  
Vegetarian	Stir Fried Cucumber with Eggs   	Stir Fried Eggplant with Chili Paste   	Stir Fried Broccoli  	Kyabetsu Itame Cabbage Stir Fried  	Stir Fried Bean Sprout  
Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Ricebersry Rice
Noodle	Sukhothai Pork Noodle  	Chicken Noodles with Bitter Gourd  	Egg Noodle with Minced Pork   	Tantan Men   	Janchi Guksu Korean Noodle  
Salad Bar	Thai-Style Salad	Chinese-Style Salad	Western-Style Salad	Japanese-Style Salad	Korean-Style Salad
Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit



20th – 24th October 2025

Week...2...

Please be aware that items on this menu may change or be unavailable at certain times.



Chili

Chicken

Beef

Pork

Lamb

Prawn

Fish

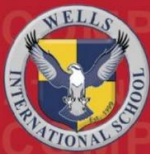
Crustacean

Egg

Dairy

Gluten

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Food					
Morning Break	Carb Stick Sandwich    	Granola  	Mini Pork Burger   		Bacon Twist    
Drink	Whole Milk 	Whole Milk 	Whole Milk 		Whole Milk 
Main Dish 1	Stir Fried Chicken with Ginger  	Braised Chicken with Soy Sauce  	Spicy Chicken Steak   		Korean Fried Chicken  
Main Dish 2	Stir Fried Pork with Hot Basil and Thai Omelet    	Stir Fried Pork with Bell Pepper  	Roasted Fish with Rosemary and Thyme  		Pork Bulgogi   
Soup	Thepo Curry Pork Curry with Morning Glory   	Bean Curd with Pork and Shiitake Soup  	Macaroni Chicken Soup  		Muguk Korean Radish 
Vegetarian	Stir Fried Thai Zucchini with Egg   	Stir Fried Cabbage with Mushroom  	Sauteed Mixed Vegetables  		Stir Fried Bok Choy with Sesame Oil  
Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice		Steamed Rice Riceberry Rice
Noodle	Tom Yum Noodle with Minced Pork   	Rolled Rice Noodles in Five Spices Broth   	Minced Chicken Noodle  		Ramyeon Korean Noodle    
Salad Bar	Thai-Style Salad	Chinese-Style Salad	Western-Style Salad		Korean-Style Salad
Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit		Fresh Fruit





















































































27th – 31st October 2025

Week...3....

Please be aware that items on this menu may change or be unavailable at certain times.



Day	Monday	Tuesday	Wednesday	Thursday	Friday
Food					
Morning Break	Pizza Ham S/W   	Cracker Corn Salad   	Egg Tart   	Fresh Fruit	Banana Cake   
Drink	Whole Milk 	Whole Milk 	Whole Milk 	Yoghurt 	Whole Milk 
Main Dish 1	Grilled Chicken with Thai Herbs  	BBQ Pork Rice with Boiled Egg   	Pasta Pork Bolognese   	Orange Teriyaki Fried Chicken  	Dwaeji Bulgogi Spicy Pork Bulgogi BBQ   
Main Dish 2	Southern Stir Fried Pork with Yellow Curry Paste    	Black Pepper Chicken  	Roasted Chicken with Lemon Cream Sauce   	Pork Tonteki  	Dak Bokkeum Tang Korean Chicken Stew   
Soup	Chicken Massaman   	Chinese Cabbage Soup with Minced Chicken  	Creamy Cauliflower Soup  	Miso Soup  	Eomuk Guk Fish Cake Soup   
Vegetarian	Stir Fried Kale with Chili   	Stir Fried Longevity Noodles  	Stir Fried Chinese Cabbage with Mushrooms  	Sweet Pea with Shoyu  	Japchae  
Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice	Steamed Rice Riceberry Rice
Noodle	Braised Chicken Noodle  	Egg Noodle with Minced Pork   	Creamy Tom Yum Noodle   	Shoyu Ramen   	Bibim-guksu Korean Dried Noodle    
Salad Bar	Thai-Style Salad	Chinese-Style Salad	Western-Style Salad	Japanese-Style Salad	Korean-Style Salad
Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit